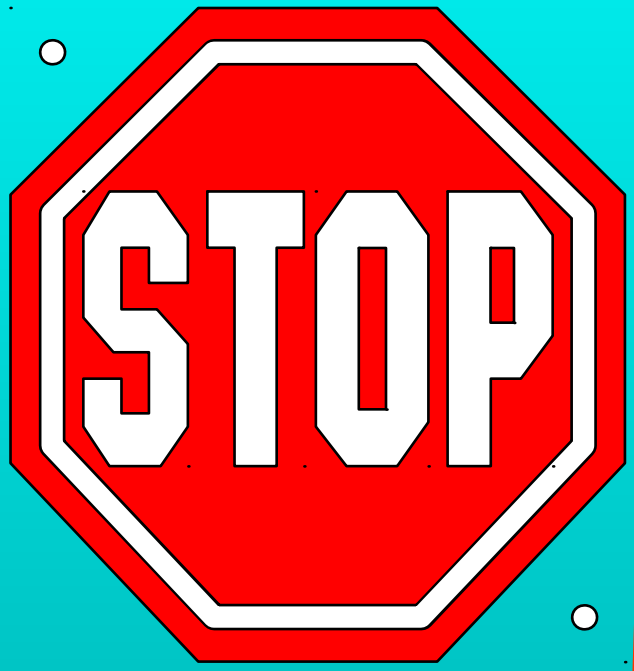
Unclassified

Summer Safety

INSCOM Safety Office



Unsafe Acts

Unclassifie

Summer Safety

USE

Composite Risk Management

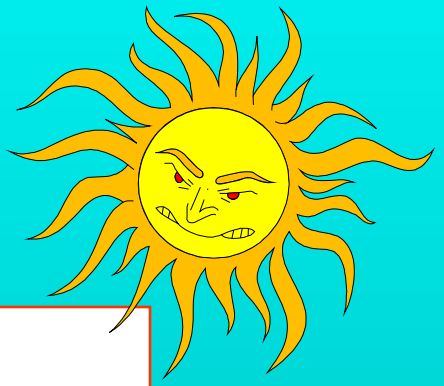
Summer Safety

Composite Risk Management

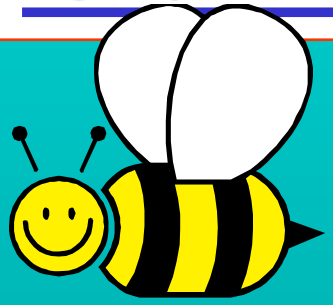
- Process of identifying and controlling hazards
- 5 Steps - a logical and systematic thought process
- Users develop tools, techniques and procedures
- Continuous process

Summer Safety

Unsafe Acts



Outdoor Safety



Summer Safety

SUN RELATED HEALTH CONCERNS

Summer Safety

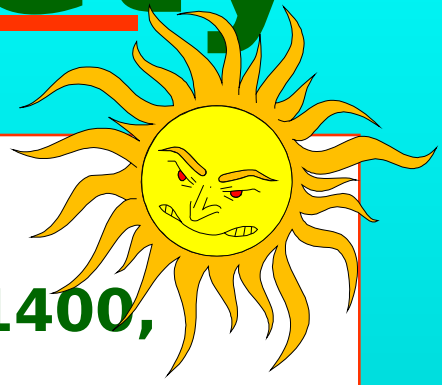
Unsafe Acts

Sun Related Health Concerns

- **Skin Cancer: Basal Cell, Squamous Cell, Melanoma**
- **Eye Damage: Cataracts, "Burning" of Eye Surface**
- **Premature Skin Aging: Wrinkles, "Liver" Spots, Bruising**
- **Damaged Immune System**

Summer Safety

Unsafe Acts

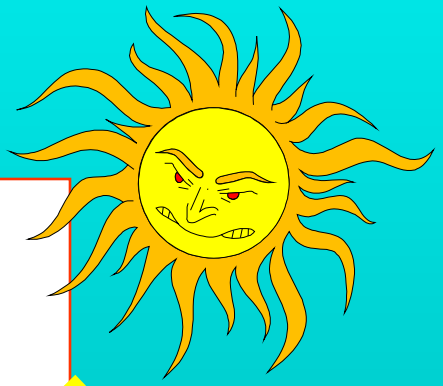


Fun in the Sun

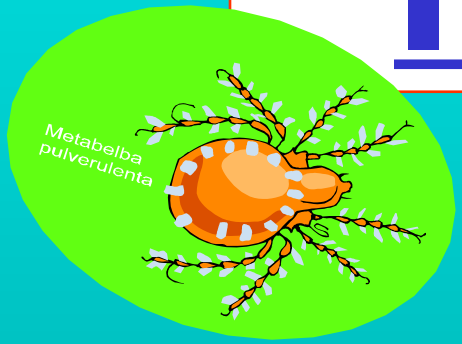
- Avoid being in the sun from 1000-1400, when the sun is at its peak.
- Use sunscreens.
- Consume lots of water to stay hydrated.
- Wear light colored, natural fiber clothing, helps your body repel heat absorption and cool easier.
- Pace yourself during strenuous activities.

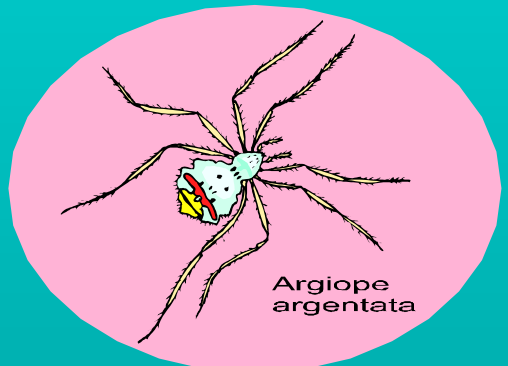
Summer Safety

Unsafe Acts



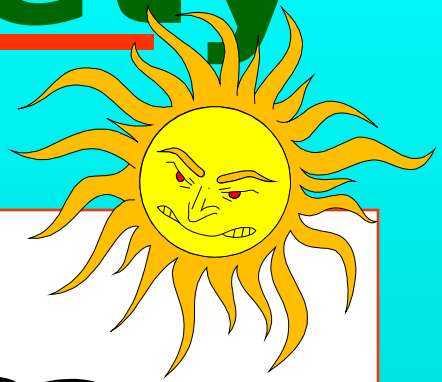
INSECTS

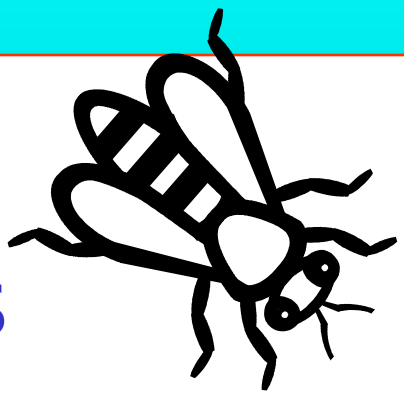




Summer Safety

Unsafe Acts





Bees

Wasps

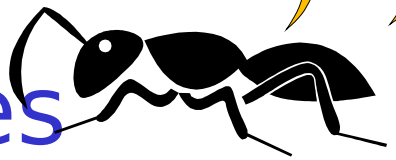
Hornets

Fire Ants

Spider

Yellow Jackets

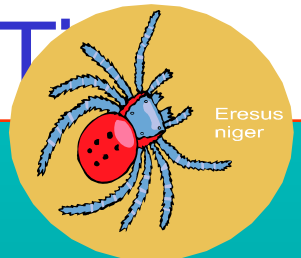
Caterpillars



Centipedes

Black Widow Spider

Brown Recluse



Summer Safety

Unsafe Acts

Prevent Stinging Insect Attacks

Avoid these attractants:

- **Sweet fragrances (perfume, colognes, and hair sprays)**
- **Picnic food left uncovered**
- **Open soda and beer containers**
- **Garbage areas**

Summer Safety

Unsafe Acts

1st Aid for Bee Stings

Bees sting only once, leaving the barbed stinger in the flesh

– Remove stinger by scrapping with a credit card or other object

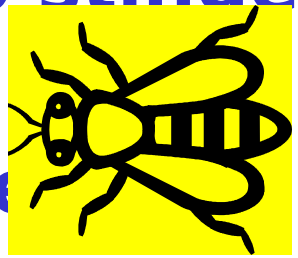
– DO NOT pinch or pull out the stinger, this injects more venom

Summer Safety

Unsafe Acts

1st Aid for Wasp Type Stings

Wasps, hornets and yellow jackets repeatedly sting, leaving no stinger behind.



-- Wash insect bite/sting area with soap and water.

-- Apply a cold compress.

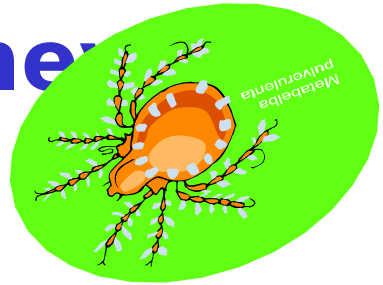
-- If breathing difficulties develop get PROMPT medical attention.

Summer Safety

Unsafe Acts

Prevent Tick Bites

Ticks contract a variety of diseases from the host they attach to:



- **Lyme Disease**
- **Rocky Mountain Spotted Fever**

Prevent with: DEET or Permethrin

Summer Safety

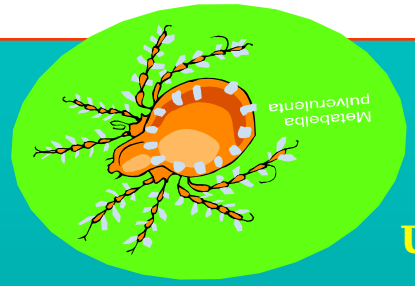
Unsafe Acts

How DEET Works

– DEET works by evaporation, creating a shield a few inches above the area of application.

– The repellent vapor confuses insects so they can't locate a target host.

– Less than 1% of the repellent forms a protective barrier.



Summer Safety

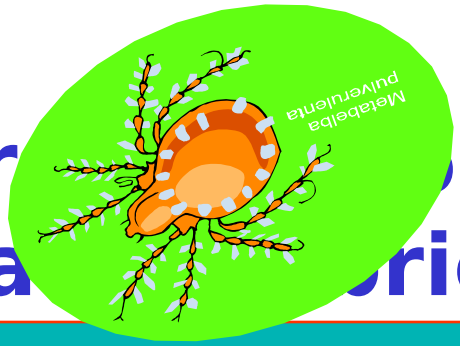
Unsafe Acts

How Permethrin Works

– Permethrin is a contact insecticide

– Apply to clothing, gear, mosquito nets and bedding-NOT directly on the body.

– Will kill ticks that tr ss as little as 10” of trea ric.

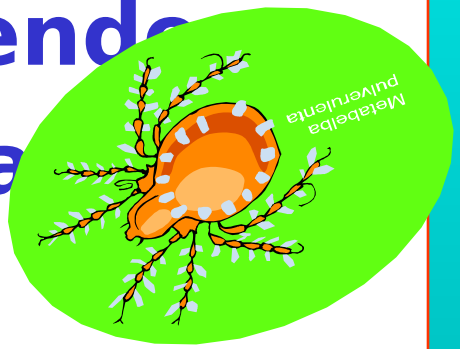


Summer Safety

Unsafe Acts

Natural Defenses

- Citronella
- Canola
- Eucalyptus
- Rosemary
- Lemon Leaves
- Lavende
- Pennyroyal
- Ceda
- Peppermint



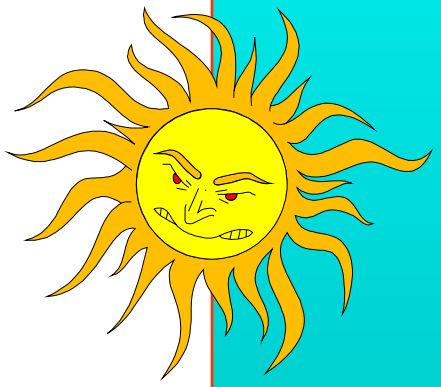
Effective for up to 30 minutes

Summer Safety

HIKING

&

CAMPING

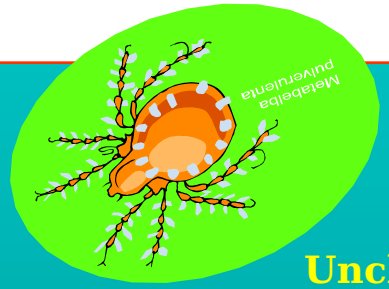


Summer Safety

Unsafe Acts

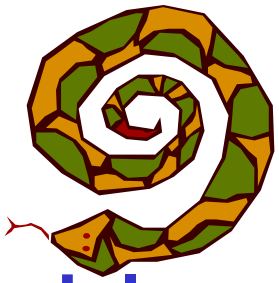
Hiking & Camping Possible Hazards

- Weather
  - Thunderstorms
  - Lightning
  - Rain
  - Wind
- Wildlife
  - Snakes
  - Spiders
  - Bees
- Poisonous Plants
- Fire
  - Campfires
  - Wildfires
- Getting Lost



Summer Safety

Hiking & Camping Hazard Prevention



– Check the weather & be prepared

Plan for cover

Carry rainwear and fire-starting material

– Have a quality topographical map of the area, consider a compass, GPS, and a personal locator—know how to use the device you take

– Take extra food and a water filter

– Tell someone where you are going and when you expect to return.

Unsafe Act

Summer Safety

Unsafe Acts

Lawn Care Possible Hazards

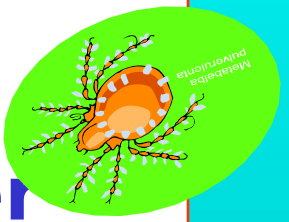
– Foot & hand injury from contact with lawn mover blade or chute

– Injury from mower or weed eater flying debris

– Poisoning from insecticides or fertilizers

– Reaction from fire ant, spider, bee or wasp bites/stings

– Loose objects (rocks, toys, etc.)



Summer Safety

Unsafe Acts

Prevent Lawn Care Possible Hazards

– Wear safety toe shoes, long pants, goggles, & gloves

– Inspect the lawn, remove loose objects prior to mowing

– Let wet lawn dry before mowing

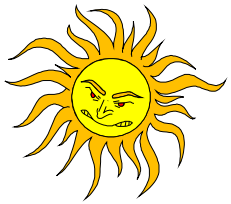
– Use insecticides and fertilizers as directed—Don't Mix Insecticides

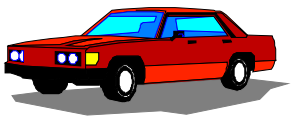
– Wear shoes, eliminate ant hills with insecticides

Summer Safety

Unsafe Acts

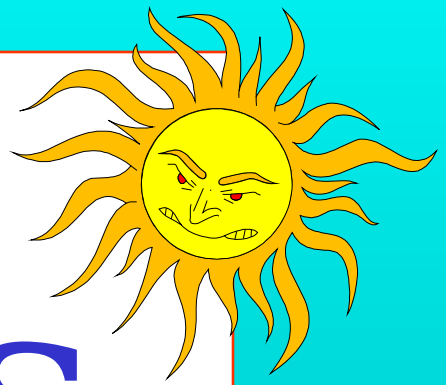
- Heat Injuries
- POV Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety



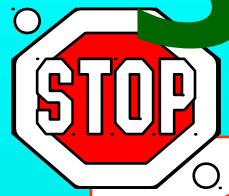


Summer Safety

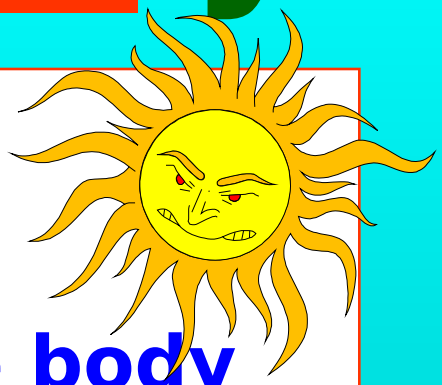
HEAT INJURIES



Summer Safety



Unsafe Acts



HEAT CRAMPS

CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups (arms, legs, or stomach)

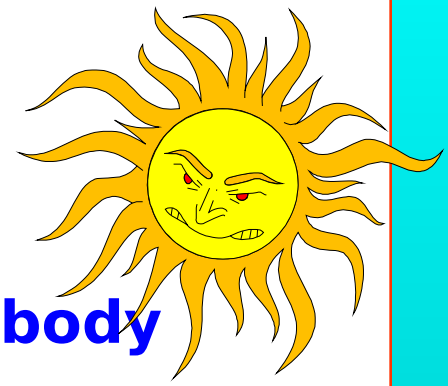
TREATMENT

Provide cool water - shade - monitor

Summer Safety

Unsafe Acts

HEAT EXHAUSTION



CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness nausea - cool moist skin - tingling sensation in extremities

TREATMENT

Provide water - shade - elevate feet - monitor seek medical attention immediately

Summer Safety

Unsafe Acts

HEAT STROKE

CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea

red, hot skin - unconsciousness

TREATMENT

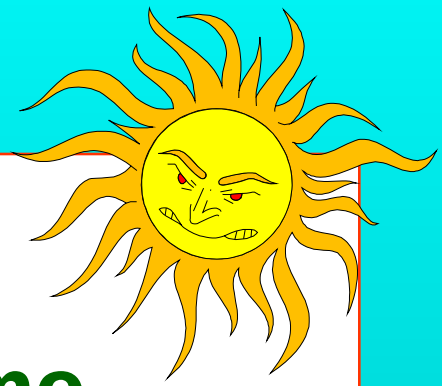
MEDICAL EMERGENCY!!

Cool shaded area - soak clothing and fan - elevate feet

massage extremities

HEAT INJURY PREVENTION

Unsafe Acts

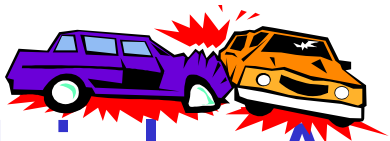


- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

Summer Safety

Unsafe Acts

POV Safety



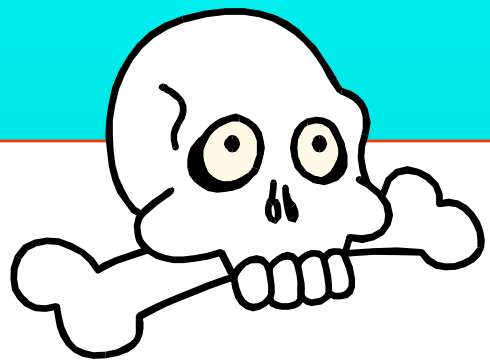
Vehicle Accidents are the

#1

Killer of Soldiers

Summer Safety

Unsafe Acts



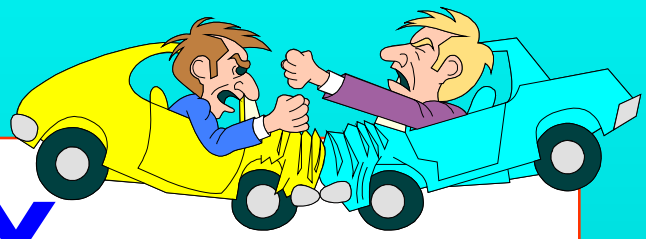
POV Safety

1 Soldier Dies Every 2 ½ Days in a POV Accident

So far in FY 05, outside the AOR, 127 Soldiers Have Perished, 72% in POV Accidents.

Summer Safety

Unsafe Acts



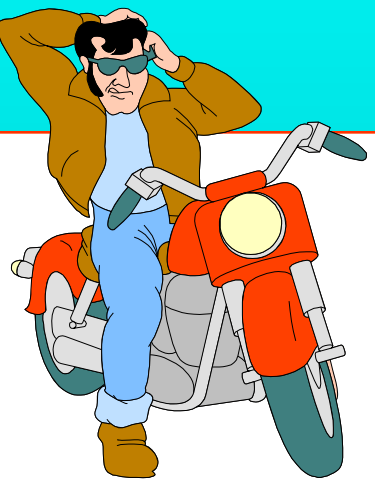
POV SAFETY

Factors that influence our risk:

- Age
- Seatbelts
- Alcohol
- Fatigue
- Location
- Speed

Summer Safety

Unsafe Acts



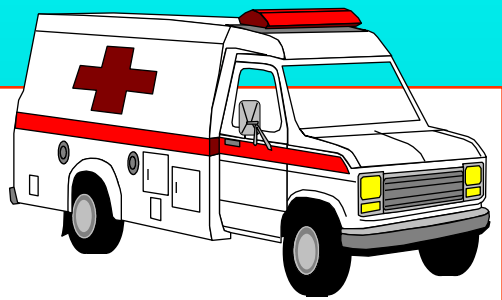
POV SAFETY

Age

People who are 18-24 are at the highest risk. Risk of involvement in a fatal crash who are 18-24 is nearly 4x greater than any other age group.

Summer Safety

Unsafe Acts



POV SAFETY

Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%.

Summer Safety

Unsafe Acts

POV SAFETY

Alcohol

The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver. About 48%of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety

Unsafe Acts

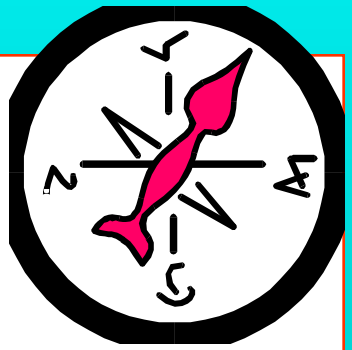
POV SAFETY

Fatigue

Drivers between the ages of 18-24 are at special risk with over 56%of fatal crashes involving fatigue or falling asleep at the wheel.

Summer Safety

Unsafe Acts



POV SAFETY

Location

Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

Summer Safety

Unsafe Acts

POV SAFETY
Speed

The faster you go ----

the longer it takes to stop.

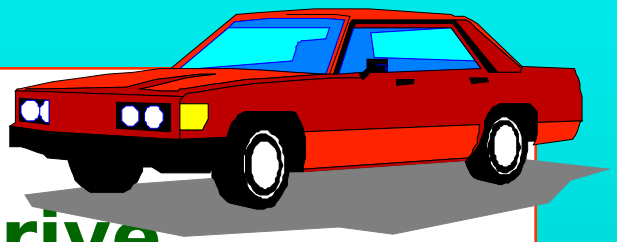
Speeding reduces:

- **Amount of time a driver has to react**
- **Ability to safely negotiate the road.**

Speed Kills!

Summer Safety

Unsafe Acts



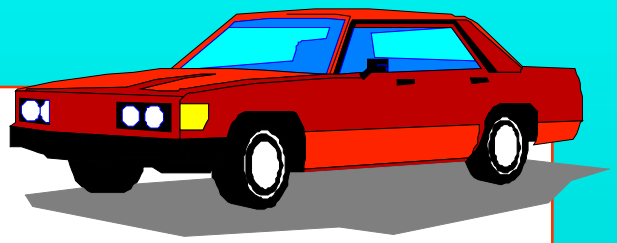
POV SAFETY

1. Don’t drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don’t drive when you’re tired
6. Take rest breaks

Arrive Alive

Summer Safety

Unsafe Acts



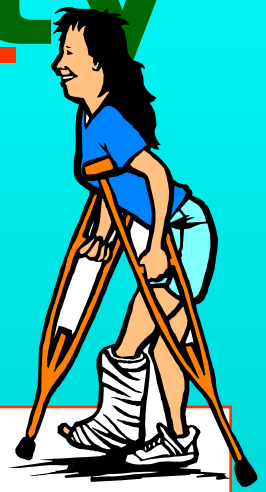
POV SAFETY

7. Adjust speed for conditions
8. Don't follow too close
9. Maintain your vehicle
10. Drive defensively
11. Avoid distractions while driving.
12. Complete ASMIS before TDY, leave or pass.

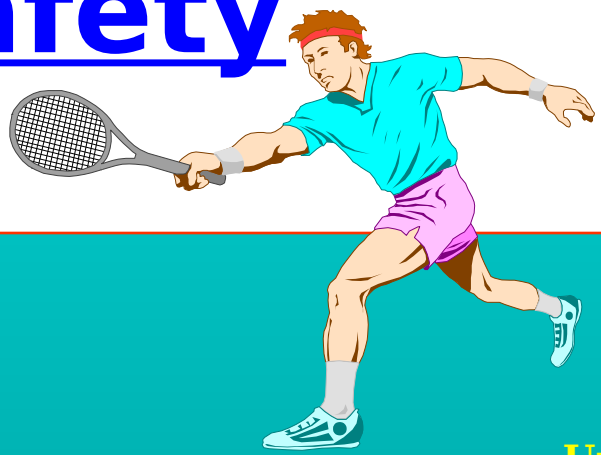
Arrive Alive

Summer Safety

Unsafe Acts

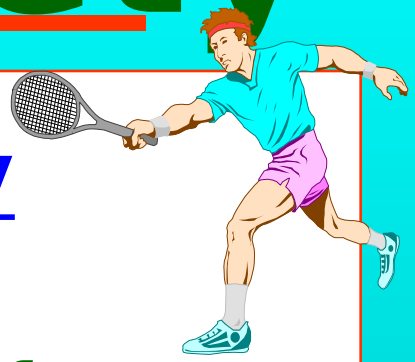


Recreational & Sports Safety



Summer Safety

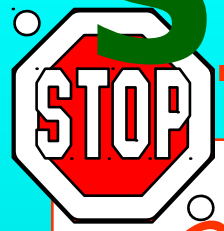
Unsafe Acts



Recreational Safety

- Get in shape, start slowly
- Choose exercise appropriate for your age and conditioning
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

Summer Safety



Unsafe Acts

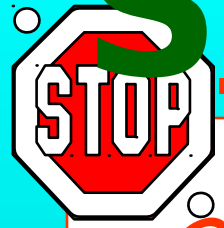
Bicycle Safety

- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Before you ride……..

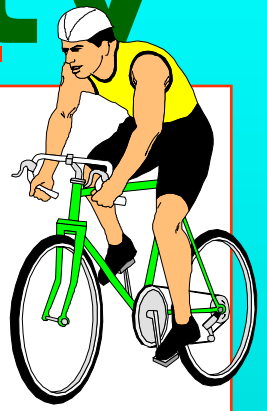
- Inspect your bicycle for serviceability
- Wear a helmet
- Inflate tires properly
- Check your brakes

Summer Safety



Unsafe Acts

Bicycle Safety



When you ride……..

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists
- Stay out of driver’s blind spots

Summer Safety

Unsafe Acts

Jogging Safety

- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running, where reflective material
- Finish with cool down
- Headphones are prohibited where vehicle traffic occurs

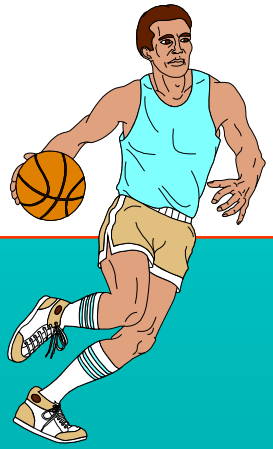
Unclassified

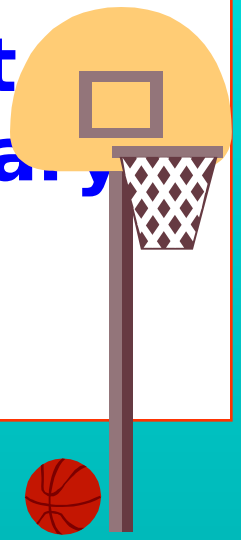
Summer Safety

Unsafe Acts

Sport Injuries

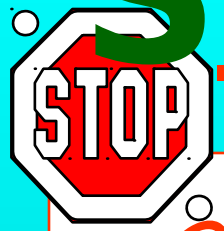
Basketball is the most frequent sports injury producer in the military



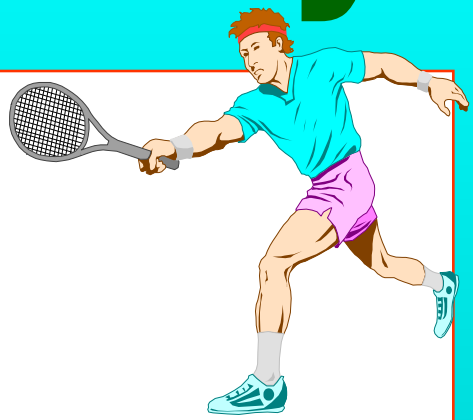


Unclassifie

Summer Safety



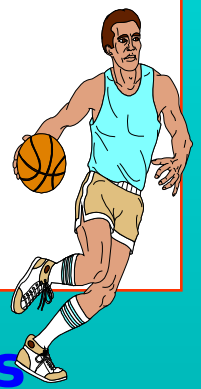
Unsafe Acts



Sport Injuries

Before taking the court..

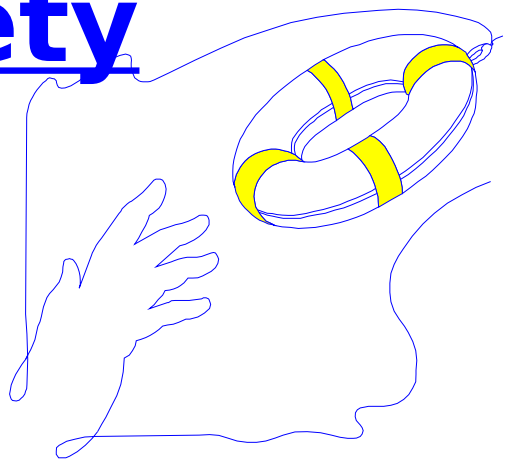
- **Warm up**
- **Stay physically fit. Players who are fit are less prone to accidents**
- **Wear appropriate shoes and socks**
- **Wear knee pads to protect knees**
- **Participate only in games at your skill level**
- **Ensure playing surface is safe and goals secure**



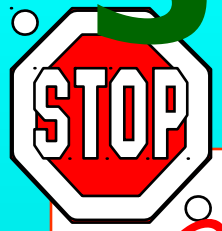
Summer Safety

Unsafe Acts

Water Safety



Summer Safety



Unsafe Acts

WATER SAFETY POINTER

PERSONAL FLOATION DEVICE

IT WON'T WORK IF YOU DON'T WEAR IT

Summer Safety

Unsafe Acts

Water Safety

Drowning……..

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Be Safe around Water

Summer Safety

Unsafe Acts

Water Safety

- Learn to swim and know “your limits
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear Personal Floatation Devices when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating,

while chewing gum or after drinking.

Summer Safety

Unsafe Acts

Water/Boating Safety

Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all water fatalities are caused by drowning, and in nearly all cases Personal Floatation Devices were NOT used.

Summer Safety

Unsafe Acts

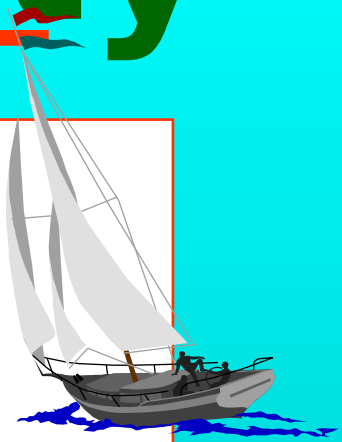
BOATING LIMITS

- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

Summer Safety

Unsafe Acts

BOATING SAFETY TIPS



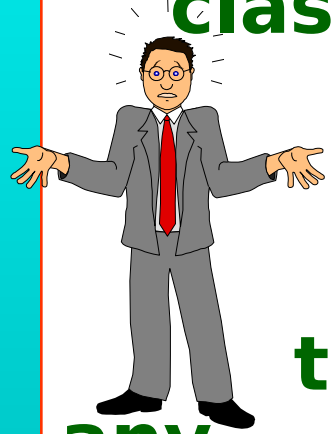
- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don’t overload
- Don’t loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

Summer Safety

Unsafe Acts

JET SKIS

"Jet Skis" or "personal watercraft" are classified as Class A inboard boats.



What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.

Summer Safety

Unsafe Acts

WATER SAFETY POINTER

DRINKING + WATER = TROUBLE

Summer Safety

Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes

Several types of dangerous snakes and spiders are indigenous, to include rattlesnakes, black widow, and brown recluse. Treat all snakes and spiders as if they are poisonous. Most bites result from handling or aggravating snakes.

Summer Safety

USE

Composite Risk Management